

Positive Discipline

By Jenoa Briar-Bonpane



Discipline. What a loaded word. What comes to mind when you think of that word? Orderly rows in the classroom? Kids in time out? Losing privileges? 'Logical' consequences? Removing toys? Getting grounded? Yelling? Spanking? As with everything we do as parents, we carry the experience of how we were parented alongside our own approach. Sometimes, these two are identical. Many times, they are not.

In her book, *Positive Discipline*, Jane Nelson explores the traditional approaches to discipline that most of us were raised by. While punishment in various forms seems to be the crux of most discipline, Nelson argues that though it can be very effective in the moment, punishment does not serve children well in the long run.

"Where did we ever get the crazy idea that in order to make children do better, first we have to make them feel worse?" Nelson asks. Punishment generally results in kids feeling embarrassed, in trouble, rejected, ashamed, mad, inadequate, or sad. Punishing a child will likely stop the misbehavior for the time being, but as Nelson warns, "beware of what works when the long-term results are negative." As a long-term result of routine punishment for misbehavior, most children take on one of what Nelson calls the "4 R's" punishment. They are:

1. Resentment
2. Revenge
3. Rebellion
4. Retreat

What is the alternative to punish-

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NOURISHING NUTRITION

The Magic of Molasses

By Rick Moorehead

We all know that when it comes to kids and sugar, less is more. However, there is one sweetener that many doctors and health care professional actually recommend adding to your child's diet: blackstrap molasses.

Just what is blackstrap molasses?

When sugarcane and sugar beets are sent through the refining process, the plants are squeezed and their juices are boiled down until they resemble a syrupy mixture. Sugar crystals are removed from the brownish-black sludge and what remains is what we know as molasses.

There are three different types of molasses. After one round of boiling and sugar crystal extraction, the liquid that remains is called mild, first, or barbados molasses. This molasses has the highest sugar content because comparatively little sugar has been extracted from the plant. The molasses left over after a second round of boiling and extraction is fittingly called second molasses. Although this liquid has less sugar than mild molasses, sugar content is still relatively high. When the plant juices are boiled and sugar crystals are extracted for a third time we are finally left with blackstrap molasses. While there is argument that very little difference exists between the sugar content in all three grades of molasses, why not go for the one with the least? After its three rounds of boiling and extraction,

blackstrap molasses is still mostly sugar when you look at caloric content; however, it is very different from refined sugars in that it contains significant amounts of essential vitamins and minerals. Blackstrap molasses is high in iron and calcium. It is also an excellent source of such minerals as copper, manganese, potassium, and magnesium.

Although blackstrap molasses can be eaten by itself, because of its dark color and rich flavor many kids wrinkle their noses at the sight of it. That being said, it is easy to substitute this liquid sweetener for sugar when making fresh baked goods or other foods. Mixed with seasonings, it can also become a fun dip for steamed veggies or a yummy salad dressing. And, it can be used as an ingredient in soups and stews, as in the recipe for mushroom quinoa stew below.

Mushroom Quinoa Stew

Serves 4

Ingredients:

- ½ cup quinoa
- 2 tablespoons ghee or high heat cooking oil of your choice
- 1 onion, diced
- 1-2 cups chopped mushrooms (I like to use a variety of mushrooms to give the soup more flavor: button, crimini, shitake, chanterelle, portabella...whatever I have on hand)
- 2 tablespoons blackstrap molasses
- 3 cups chicken or vegetable stock
- 1 cup milk or nondairy milk substitute
- Salt and pepper to taste
- Chopped fresh chives (optional)

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Directions:

1. Toast the quinoa in a heavy skillet over medium heat until it begins to brown.
2. In a large stockpot over medium-high heat, caramelize onions in ghee or oil. (Cook for about 6-8 minutes, until onions are soft)
3. Stir in quinoa, mushrooms, and molasses. Cook until the mushrooms begin to release their liquid, adding a little water or stock if necessary to facilitate the process. Add remaining stock and bring to a boil; reduce heat to low and let the mixture simmer for about 20 minutes or until the quinoa is cooked.
4. Puree soup in a food processor or blender, and return to the stockpot. (This step is not necessary unless you need to "hide" the mushrooms from fussy eaters!)
5. Stir in milk and heat, making sure not to boil the soup.
6. Season with salt and pepper to taste. Garnish with chives if you'd like. Then serve!

Rick Moorehead is a holistic health care practitioner with offices in Petrolia and Arcata. He can be reached at rickmoorehead@soleawakening.com

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Toddler Time

by Kiersten Kotaka

Positive Discipline for Toddlers

One of the main developmental goals for toddlers is to learn how to assert their independence. This assertion takes many forms and includes frustrating behaviors such as screaming, hitting, throwing, or biting. Such conduct has the potential to be dangerous for the toddler, their friends and caregivers.

How do we deal with toddlers when what they want so adamantly isn't acceptable to us, or the world?

An ounce of prevention... Notice when your child acts out. For example, if your child has a difficult time in the grocery store, go there when he/she is well rested and not hungry. If your child has a fit when you are on the phone, set up an activity before you dial a friend.

When it is possible, redirect to something more positive. For example, "Do you want to read this book with me?" or, "Did you see that bird in the sky?" Engage them in whatever you can. Ask them questions, and explain what is going on. Small talk about the weather can be fascinating to a two year old.



Photo by Indigo Free

A bored toddler will likely be more problematic than a toddler that is interested. Remember, toddlers are learning how to count, and recognize shapes and colors. These learning opportunities surround us and are great distractions.

Toddlers can be really upset one minute and fine the next. Use this to your advantage and help them move on quickly.

Listen to your toddler and if they are not able to verbalize much yet, articulate what they want and what is acceptable. For example, "You really want to climb onto the table. But that's not safe, so sit in the chair."

Have realistic expectations for their behavior. Don't put them into situations where they are set up for failure. A place where they are not allowed to touch anything or are supposed to be quiet for an extended period of time is going to cause frustration for everyone.

In my experience, when my toddler is at her worst, so am I. When we are both tired, bored, or I am in a hurry, it is so difficult for me to respond to her in the way that I want to. A happy mama has a happier toddler. Take the time that you need to recharge. Both you and your toddler will reap the rewards.

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Kiersten Kotaka M.A., has degrees in child development and psychology and is now learning from her own toddler.

Get Crafty



Potato Print Shirts

(from Martha Stewart's *Encyclopedia of Crafts*)

Supplies

- * potato
- * cookie cutter
- * paper plate
- * craft stick
- * fabric paint
- * paper towels
- * cardboard
- * cotton t-shirt

What You Do:

1. Slice potato in half lengthwise.. place cookie cutter on cut side of one half. Push cutter through potato keeping potato flat.
2. Break away excess potato. Poke shape out of cutter and blot away any moisture with paper towel.
3. Spread thin layer of fabric pint on paper plate using craft stick. Dip shape, white side down, into paint a few times.. moving it around for an even coat.
4. Slip cardboard inside t-shirt.
5. Wipe paint off sides of stamp with paper towel then stamp the shape onto fabric..pressing down firmly for 5 seconds.



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Website Reviews By Tamar Burris

The Internet carries its own set of benefits and risks for kids. If you decide to let your older child surf the net, know where they go.

• *Cool Cosmos <http://coolcosmos.ipac.caltech.edu/>*

• *What We Like:* Part of NASA's educational outreach effort, Cool Cosmos is the portal to all things infrared, offering a wonderful and entrancing look at a magical science that reveals much more about our universe than the naked eye can see. By touring through the site, kids can read all about infrared versus visible light. They can watch videos pertaining to all different aspects of astronomy, including infrared astronomy. They can play groovy educational games involving infrared light. They can even learn how to build their own paper model of the Spitzer Space telescope and ask questions of a real astronomer. One of the coolest components found on the site is Infrared Zoo. By selecting the names of different animals in the "zoo" kids can see what these creatures look like when viewed through a thermal infrared camera. The visual images are funny, interesting, and can teach your child about the differences between warm and cold-blooded animals even if they are unable to read the accompanying onscreen facts about each critter. Another fun activity found in the Image Gallery is Infrared Yellowstone, where kids can virtually visit Yellowstone National Park and use infrared images to check out the heat of the geysers and other geothermal features found there.

• *What to Watch Out For:* The infrared pictures on this site are fun for all ages. However, there is a lot of reading and navigation is tricky for young children and emergent readers. If you want your kids to really get a full understanding of what they are seeing, sit and play around on the site with them. Also, although Cool Cosmos has no links to outside advertisers there is a list of Infrared Links in the Resources category. Therefore, while it is difficult to navigate away from the site and accidentally stumble onto different web sites, it is not entirely impossible to do so.

•• *User Hint:* The homepage is stylistically pleasing but the gear-driven main menu can be frustrating to scroll through if you have little hands and cannot move a mouse well. To make the menu a little easier for kids to use, click "manual" above the scrolling gears. This will slow the movement as the menu items scroll, stopping on each one as it comes up so that kids will not miss what they are looking for and have to keep letting the menu scroll around and around again.

Web sites reviewed by Tamar Burris, a freelance writer and educational curriculum developer living in Humboldt County. If you have any Web sites you like to use with your kids, please drop us a line so we can review them!



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local events for kids and families, visit
North Coast Parents'
Website at:
<http://www.northcoastparents.org/>

Positive Discipline

Cont'd from cover

ment? Nelson is adamant that permissive parenting is not a solution and carries negative outcomes of its own. Instead, she recommends an approach called Positive Discipline which involves "mutual respect, cooperation, and focusing on solutions."

There are 5 criteria for effective discipline that respects children's need for connection and belonging. Effective discipline:

1. Helps children feel a sense of connection (belonging and significance).
2. Is mutually respectful and encouraging (kind and firm at the same time).
3. Is effective long-term (considers what the child is thinking, feeling, learning, and deciding about himself and his world – and what to do in the future to survive or to thrive).
4. Teaches important social and life skills (respect, concern for others, problem solving, and cooperation as well as the skills to contribute to the home, school or larger community).
5. Invites children to discover how capable they are (encourages the constructive use of personal power and autonomy).

Positive Discipline can work at home and in classroom settings. "Aimed at developing mutually respectful relationships, Positive Discipline teaches adults to employ kindness and firmness at the same time, and is neither punitive nor permissive. The tools and concepts of Positive Discipline include:" (from Nelson)

1. Mutual respect. Adults model firmness by respecting themselves and the needs of the situation, and kindness by respecting the needs of the child.
2. Identifying the belief behind the behavior. Effective discipline recognizes the reasons kids do what they do and works to change those beliefs, rather than merely attempting to change behavior.
3. Effective communication and problem solving skills.
4. Discipline that teaches (and is neither permissive nor punitive).
5. Focusing on solutions instead of punishment.
6. Encouragement (instead of praise). Encouragement notices effort and improvement, not just success, and builds long-term self-esteem and empowerment.

Positive Discipline can be used to address all the usual- and challenging- behavior issues that turn parents' hair gray. Nelson offers piles of very concrete examples and suggestions for ways to shift and adapt your disciplinary approach to a positive one. With a PhD and the parent of 6 children herself, Nelson offers the Positive Discipline model that was derived from research as well as her own rugged experience in the playroom.

To learn more about how to discipline your children with kindness, respect, and firmness, check out the Positive Discipline website at <http://www.positivediscipline.com/what-is-positive-discipline.html>.

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Book of the Month

By Jen Briar-Bonpane

Book: *POSITIVE DISCIPLINE*

Author Jane Nelson, educator, psychologist, and mother of seven makes a persuasive case against punishment in her book *Positive Discipline*. Instead, she advises that a combination of firmness and kindness based on mutual respect and communication is an effective response to problematic behavior while also teaching kids how to think, cooperate, and feel good about themselves. *Positive Discipline* is written in a warm and down to earth style that brings in humor and anecdotes to illustrate the principles and practice of Positive Discipline. Nelson's book rests in part on her thorough understanding of child development and clinical background as a psychologist and perhaps equally on her experience as a seasoned mother of seven children. After raising some of her children with the traditional methods of punishment and reward, Jane sought something that would work and feel better. Positive Discipline was the result. The book offers concrete steps for parenting children of any age.



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<http://health.groups.yahoo.com/group/humboldt-bay-baby/>

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